

Therapeutic Recreation PROGRAM GUIDE

Program & Registration Information for: **September 2011 - March 2012**

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Also available on-line at www.cincyrec.org/TR

Inspiring Today. Strengthening Tomorrow.

Dear Participants and Families,

I am excited to offer you our newest edition of the CRC TR Program Guide for Fall & Winter 2011-2012! We have lots of offerings for this fall and winter to please you and your family members. Check out the new, fun-filled outings for younger and older adults, and our new Bike-N-Hike program. We have also added a new day of swim classes on Thursdays for our Adapted Aquatics Program, and have a new Ladies Only Water Workout program on Thursdays. Our popular Power Soccer program will be returning on Saturdays this fall as well.

So as the weather changes and the leaves begin to fall, think of all of CRC's Division of Therapeutic Recreation's opportunities for fun! Please feel free to contact me with your comments and suggestions regarding current and future programming ideas.

Regards,

Alayne M. Kazin, CTRS

Alayne M. Kazin, CTRS
Service Area Coordinator
Division of Therapeutic Recreation
(513)352-4945

GET ACQUAINTED

with the full-time therapeutic recreation staff!



Alayne M. Kazin, CTRS
TR Service Area Coordinator
(513)352-4945
alayne.kazin@cincinnati-oh.gov



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TR Program/Inclusion Specialist
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adam.ayers@cincinnati-oh.gov



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TR Program/Inclusion Coordinator
(513)352-4971
whitney.mcniel@cincinnati-oh.gov



Kristen Clatos, CTRS, CDSS
TR Program/Inclusion Specialist
(513)352-4055
kristen.clatos@cincinnati-oh.gov



Ann-Marie Stuart, CTRS, CDSS
TR Program/Inclusion Coordinator
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Teresa Miller
TR Program/Inclusion Specialist
(513)352-4962
teresa.miller@cincinnati-oh.gov



Sandy Cloud-Heyob
TR Office Manager
(513)352-4028
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We are here to serve you!

Please call us with any questions you may have!

Cincinnati Recreation Commission

Division of Therapeutic Recreation

The Cincinnati Recreation Commission's Division of Therapeutic Recreation offers a continuum of leisure services for individuals with disabilities that promote a healthy lifestyle as well as the opportunity to participate in high-quality recreational and cultural experiences in the community. As advocates for individuals with disabilities we provide inclusive and therapeutic recreation programming choices and promote accessibility at all CRC facilities. Many of our full-time CRC Therapeutic Recreation Program Staff are Certified Therapeutic Recreation Specialists (CTRS).

Inclusion Support Services

We provide a consultative approach to supporting individuals with disabilities in all CRC programs and facilities. Our goal is to provide opportunities for inclusion that reduce the physical, programmatic and attitudinal barriers. In addition to providing support to CRC facilities, we act as a resource to our community in areas such as advocacy, disability awareness and disability training.

Therapeutic Recreation Services

We implement goal-oriented programs for individuals with disabilities which promote a healthy lifestyle as well as providing exposure to cultural experiences in the community. Our programs encourage the development of physical, social, emotional and cognitive skills to enhance the quality of life, while preparing each person for leisure involvement in their community through the delivery of:

- Programs for persons with cognitive impairments
- Programs for persons with physical impairments

What is a CTRS?

A Certified Therapeutic Recreation Specialist (CTRS) has acquired a body of knowledge including theory, philosophy and practice that spans a wide range of disabling conditions and illnesses. When that knowledge is applied, the CTRS addresses the total person and the associative life factors that may apply to their specific disability or illness.

Professional recognition is granted by NCTRC to individuals who apply and meet established specific standards for certification which include education, experience, and continuing professional development. The CTRS certification is granted after those specific qualifications have been met and the candidate has successfully completed the national computerized certification exam.

Our Programs

The programs identified in this guide are designed to meet the needs and interests of individuals with mental, physical, learning and emotional disabilities. While some programs can accommodate participants of varying levels of ability, other programs have specific skill requirements due to the nature of the activities. Specific skill requirements, if necessary, are included in the program descriptions. If you have questions about a program or level of assistance provided, please contact any of the TR Staff listed on page 2.



Recreation programs and facilities are open to all citizens regardless of race, gender, color, religion, nationality or disability. CRC is an Equal Opportunity Employer and is committed to supporting the Americans with Disabilities Act. Please call in advance if you require special accommodations.



Inclusion & Accommodations

Individuals with disabilities are not limited to therapeutic recreation services. If you are looking to add a little flavor to your leisure lifestyle . . . try your hand at Inclusion! In addition to our therapeutic recreation programs, individuals with disabilities are welcome to participate in any Cincinnati Recreation Commission program through our Inclusion Services. The TR staff will assist you in identifying programs, registering and requesting accommodations.

What is Inclusion?

Inclusion is individuals with and without disabilities participating in recreational activities together.

Inclusion Support Services

The TR Division's "Inclusion Team" was created to assist CRC's recreation center staff with accommodations, education, and materials to aid them in including individuals with disabilities in their programs and activities.

Types of Accommodations

- Changes in Rules and/or Policies
- Assistance with ADLs (activities for daily living)
- Architectural Changes
- Adaptive Equipment
- Increased Supervision
- Behavior Supports
- Training for Staff
- Boardmaker Tools for Communication



How to Request an Accommodation

If you feel an accommodation would be beneficial or necessary, please request an Accommodation and Assessment Form at the time of registration at the recreation center. This document is used to formally request additional assistance you may require.

Inclusive Programs for 50 +

The Therapeutic Recreation Division is working with the Senior Division to include individuals with disabilities and/or arthritis into all CRC programs. CRC's Senior Division provides services for individuals who are 50 or older. If you are interested in participating in these programs, the Therapeutic Division staff will work with the Senior Division staff to provide the accommodations needed for you to successfully participate. The Senior Division offers an array of programming—Senior Olympics, line dancing, art classes and outings. Programs are available at 16 recreation centers across the city—typically providing services during the daytime hours. These programs are developed for seniors without disabilities; therefore, there is a level of independence needed to participate. Accommodations could include changes in rules or policies, assistance with ADLs (activities for daily living), adaptive equipment, and increased supervision and training for staff. We hope you will consider participating in some of these great programs!

Please call Whitney at (513)352-4971 if you have any questions about our Inclusion Services!

Accommodations Get The Job Done!

Support & Scholarship Information

Support Our Services!

The Division of Therapeutic Recreation provides several opportunities for you to show your support for the services we provide to the community! Without the support of our constituents, our programs and services are limited. If you are committed to pledging your support to the programs and services provided by the Division of Therapeutic Recreation, we ask that you explore one of the opportunities listed below . . .

Sponsorship – TR implements many programs for a variety of populations (ages and disabilities). We offer several special events throughout the year that businesses, corporations and organizations could choose to provide sponsorship for. As a potential sponsor, you could receive additional recognition for the funding provided for a special event.

Donations – Financial or in-kind donations are always welcome! Contributions made to the Cincinnati Recreation Commission Foundation are tax deductible to the fullest extent of the law. The CRC Foundation is a 501c3 non-profit organization whose purpose is to aid and improve the quality of life for Cincinnati citizens. These tax-deductible donations give the Foundation an opportunity to supplement current services and to provide an immediate impact to the City of Cincinnati. By donating to the Cincinnati Recreation Commission Foundation, you are able to identify what you would like the funds to be spent on. If you are interested in making a monetary donation to the Division of Therapeutic Recreation, please make checks payable to the Cincinnati Recreation Commission Foundation. Checks should be mailed to 805 Central Avenue, Suite 800, Cincinnati, Ohio 45202. Please specify you are making a donation to the Division of Therapeutic Recreation. For more information, please call Alayne at (513)352-4945.

Volunteer – The Division of Therapeutic Recreation needs volunteers to assist our staff with programming! There are many opportunities to volunteer! Whether it's an ongoing program or a special event, we are always in need of assistance to provide individualized attention to those we serve. Volunteers must be at least 14 years of age. If you would like more information on volunteer opportunities and/or a volunteer application, please call Teresa at (513)352-4962.

Scholarship Fund – *New!*

The Division of Therapeutic Recreation is proud to announce the creation of a scholarship fund to assist participants who may need financial assistance with program registration fees for the TR programs that we offer (with the exception of our TR, E.N.E.R.G.Y., and Inclusion Day Camp Programs). Please request a scholarship application form by calling the office at (513)352-4028. If you are interested in contributing to the scholarship fund, please contact Alayne at (513)352-4945.

TR's Wish List! – The Division of Therapeutic Recreation has a wish list of items that could be used for our programs. Those items are . . .

Portable DVD Television	Exercise Equipment
Gift Cards for Rentals	Portable Basketball Hoop
Large Radio with CD Player	Art Supplies
Karaoke Machine/DVD's	Puzzles
Wii Accessories/X Box	Books
Hand-Held Games:	Timers
DSI, Gameboy, Leapster, etc.	Sensory Toys
	Switch Toys

Thank You To Our Sponsors!

In these days of budget crunching, we want to take the time to send sincere thanks out to those individuals and organizations that provide sponsorship and funding to the Division of Therapeutic Recreation. Many of our current programs could not be implemented without the financial assistance of the following individuals and/or organizations:

Billy Casper Golf	Bridgetown Baseball Association
Cincinnati Recreation Commission Foundation	Cincinnati Reds Community Fund
City of Cincinnati	D.A.G. Construction
DOW Chemical Company	Elder High School
Gatorade	GCTA
Great American Insurance	Greater Cincinnati Health Foundation
Hamilton County Special Olympics	Hartford Insurance
Kid Glove	Miracle League of Greater Cincinnati & Northern KY
NRPA	Push America
RHC/CITE Services	Robert W. Baird & Co.
Rotary Club of Cincinnati	Shining Light Foundation
Shirley Ledford	Spina Bifida Association
Trident	US Paralympics
USTA – Midwest Section	

Adapted Aquatics & Instructional Swim Programs

Our year-round warm water swimming pools are located at the Mt. Auburn Recreation Center and the U.C. Keating Aquatic Center. Our Mt. Auburn facility is accessible, with accessible parking, showers, toilet stalls, and an assisted dressing room. Several water entries and exits are available, including a pool chair lift and “easy ladder” with hand railings. The water temperature is maintained at a comfortable 87 degrees in the winter, and 86 degrees in the summer. The Keating Aquatic Center Pool at the U.C. Campus Recreation Center is an Olympic sized pool that is equipped with a chair lift, a moveable bulkhead and fixed blocks for diving and backstrokes. The water temperature for this pool is kept at a cooler 82 degrees, which is conducive for lap swimming.

Parent & Child Aquatics

This is a parent and child class that focuses on strength, flexibility and fine and gross motor skills for children with developmental delays and disabilities, as well as typically developing children. A parent and/or an adult attendant is required to stay and be involved with their child during the class. This program is designed to introduce infants and toddlers, ages six months through five years, to the water and basic safety skills. Parents are taught to safely work with their children in the water during the six-week course, as they learn the skills to help prepare them to learn how to swim. The Instructor will take into consideration individual needs of the child including sensory, auditory, spatial, and motor concerns. Positive aquatic experiences early in life prepare children for lifelong, fun-filled aquatic adventures!

Fall Session

Ages: 6 months – 5
Day/Time: Saturdays: 9:00 – 10:00 am
Begin/End: September 10 – October 15
Cancellations: None
Location: Mt. Auburn Pool
Fee: \$30

Winter Session I

Ages: 5 & Older
Day/Time: Saturdays: 9:00 – 10:00 am
Begin/End: October 29 – December 10
Cancellations: November 26
Location: Mt. Auburn Pool
Fee: \$30

Winter Session II

Ages: 6 months – 5
Day/Time: Saturdays: 9:00 – 10:00 am
Begin/End: January 14 – February 18
Cancellations: None
Location: Mt. Auburn Pool
Fee: \$30

Spring Session I

Ages: 5 & Older
Day/Time: Saturdays: 9:00 – 10:00 am
Begin/End: March 3 – April 7
Cancellations: None
Location: Mt. Auburn Pool
Fee: \$30

Spring Session II

Ages: 6 months – 5
Day/Time: Saturdays: 9:00 – 10:00 am
Begin/End: April 21 – May 26
Cancellations: None
Location: Mt. Auburn Pool
Fee: \$30

Adapted Aquatics • Beginning & Intermediate Levels

Our individualized Adapted Aquatics Program is designed to include all ability levels by incorporating the Red Cross Swim Progression and the TR Sequential Swim Progression for individuals with physical, neurological, developmental, and cognitive impairments. Participants are taught learn to swim skills, water safety and independence. Children and adults can be successfully included in traditional swim programs if they are introduced to the water with positive experiences, dedicated staff, and structured lessons allowing for maximum attention.

While enrolled in our Adapted Aquatics program, swimmers learn American Red Cross Aquatics Level I, II, III swim skills, while the ultimate goals include:

- Participation in traditional, inclusive swim lesson programs
- Competitive/Non-Competitive participation on the TR Sharks Swim Team or other swim team in the community
- Safe, independent play in the water

Our Adapted Aquatics program is coordinated by Kristen Clatos, CTRS, CDSS. Kristen and a core team of qualified and experienced instructors are committed to creating positive aquatic experiences for all ages and ability levels.

Each swimmer receives individualized, progressive strategies and teaching methods that make learning achievable, sensory integrative, and fun for all. We will take specific learning types and considerations in mind while structuring lessons and provide visual, auditory, and sensory stimulation based on the needs of the individual. Lessons are offered on Tuesdays, Thursdays, and Saturdays at the Mt. Auburn Pool.

Days:	Tuesday and Thursdays	Saturdays
Times:	4:30 – 5:10 pm 5:15 – 5:55 pm 6:00 – 6:40 pm	10:00 – 10:40 am 10:45 – 11:25 am 11:30 – 12:10 pm 12:15 – 12:55 pm
Location:	Mt. Auburn Pool	
Fee:	\$100 per session	
Ages:	5 & Older	
Contact Person:	Kristen (513)352-4055	

Families unable to pay for all six swim sessions up front may ask to be placed on our payment plan. In order to reserve a spot(s), participants must pay \$25 for each session they wish to attend. **Full payment for each session must be received one week before each session begins.** Failure to meet this requirement will result in the participant losing their spot to another participant on the waiting list. The \$25 reservation fee will not be refunded if we are unable to fill that spot. We are more than willing to work with families in these tough economic times, but we also want to ensure that new swimmers are able to register for our programs as well.

Payments Will Not Be Taken At The Program Site!

**Please visit us, call us with your credit card payment,
or mail your payments and program registration forms to our main office:**

Cincinnati Recreation Commission
Division of Therapeutic Recreation
805 Central Avenue, Suite 800
Cincinnati, OH 45202
Phone (513)352-4028 / Fax (513)352-4637

Swimming improves your health and fitness . . . and it's fun, too!!!

Adapted Aquatics • Beginning & Intermediate Levels

Please indicate your preferred day, time and code on the Program Registration Form

Fall Session

Ages: 5 & Older
Days/Times: Tuesdays: 4:30 – 5:10 pm
5:15 – 5:55 pm
6:00 – 6:40 pm
Code: AATF11
Thursdays: 4:30 – 5:10 pm
5:15 – 5:55 pm
6:00 – 6:40 pm
Code: AATHF11
Saturdays: 10:00 – 10:40 am
10:45 – 11:25 am
11:30 – 12:10 pm
12:15 – 12:55 pm
Code: AASF11
Begin/End: September 6 – October 15
Cancellations: None
Location: Mt. Auburn Pool
Fee: \$100
Contact Person: Kristen (513)352-4055

Winter Session I

Ages: 5 & Older
Days/Times: Tuesdays: 4:30 – 5:10 pm
5:15 – 5:55 pm
6:00 – 6:40 pm
Code: AATW111
Thursdays: 4:30 – 5:10 pm
5:15 – 5:55 pm
6:00 – 6:40 pm
Code: AATHW111
Saturdays: 10:00 – 10:40 am
10:45 – 11:25 am
11:30 – 12:10 pm
12:15 – 12:55 pm
Code: AASW111
Begin/End: October 25 – December 10
Cancellations: November 22, 24, 26
Location: Mt. Auburn Pool
Fee: \$100
Contact Person: Kristen (513)352-4055

Winter Session II

Ages: 5 & Older
Days/Times: Tuesdays: 4:30 – 5:10 pm
5:15 – 5:55 pm
6:00 – 6:40 pm
Code: AATW212
Thursdays: 4:30 – 5:10 pm
5:15 – 5:55 pm
6:00 – 6:40 pm
Code: AATHW212
Saturdays: 10:00 – 10:40 am
10:45 – 11:25 am
11:30 – 12:10 pm
12:15 – 12:55 pm
Code: AASW212
Begin/End: January 10 – February 18
Cancellations: None
Location: Mt. Auburn Pool
Fee: \$100
Contact Person: Kristen (513)352-4055

Spring Session I

Ages: 5 & Older
Days/Times: Tuesdays: 4:30 – 5:10 pm
5:15 – 5:55 pm
6:00 – 6:40 pm
Code: AATS112
Thursdays: 4:30 – 5:10 pm
5:15 – 5:55 pm
6:00 – 6:40 pm
Code: AATHS112
Saturdays: 10:00 – 10:40 am
10:45 – 11:25 am
11:30 – 12:10 pm
12:15 – 12:55 pm
Code: AASS112
Begin/End: February 28 – April 7
Cancellations: None
Location: Mt. Auburn Pool
Fee: \$100
Contact Person: Kristen (513)352-4055



Spring Session II

Ages: 5 & Older
Days/Times: Tuesdays: 4:30 – 5:10 pm
5:15 – 5:55 pm
6:00 – 6:40 pm
Code: AATS212
Thursdays: 4:30 – 5:10 pm
5:15 – 5:55 pm
6:00 – 6:40 pm
Code: AATHS212
Saturdays: 10:00 – 10:40 am
10:45 – 11:25 am
11:30 – 12:10 pm
12:15 – 12:55 pm
Code: AASS212
Begin/End: April 17 – May 26
Cancellations: None
Location: Mt. Auburn Pool
Fee: \$100
Contact Person: Kristen (513)352-4055

Summer Session

Ages: 5 & Older
Days/Times: Tuesdays: 4:30 – 5:10 pm
5:15 – 5:55 pm
6:00 – 6:40 pm
Code: AATSU12
Begin/End: June 26 – July 31
Cancellations: None
Location: Mt. Auburn Pool
Fee: \$100
Contact Person: Kristen (513)352-4055

TR Sharks Swim Team

This program is for advanced swimmers, ages six and older, with cognitive and/or physical disabilities. Swimmers must be able to swim the length of the pool on front and back independently, and work in small groups of three – five. Each swimmer will be evaluated on the first night of practice, and if they do not meet the skill requirements, they will be offered an opportunity to swim in our Adapted Aquatics Program. Our Swim Team Program will offer participants lap swimming and stroke refinement. All participants will be encouraged to practice for the Special Olympics, Paralympics, and USA Swim Meets! This fun program is a great opportunity for swimmers to continue to perfect their skills and to improve their fitness!

Fall Session

Ages: 6 & Older
Days: Tuesdays & Thursdays
Begin/End: September 13 – December 8
Cancellations: September 22, November 22, 24
Time: 7:00 – 8:30 pm
Location: UC Keating Aquatic Center
Code: STF11
Fee: \$150 • Participation in swim meets may require an additional fee.
Contact Person: Kristen (513)352-4055

Parking passes will be available to purchase for each 12-week session. Passes may be purchased at the UC Recreation Center Front Desk for \$20 per month. Please call (513)556-0382 with any questions regarding parking at the University of Cincinnati.

Winter Session

Ages: 6 & Older
Days: Tuesdays & Thursdays
Begin/End: January 17 – April 5
Cancellations: None
Time: 7:00 – 8:30 pm
Location: UC Keating Aquatic Center
Code: STW12
Fee: \$150 • Participation in swim meets may require an additional fee.
Contact Person: Kristen (513)352-4055

Summer Session

Ages: 6 & Older
Days: Tuesdays & Thursdays
Begin/End: June 26 – August 2 (6 week session)
Cancellations: None
Time: 7:00 – 8:30 pm
Location: UC Keating Aquatic Center
Code: STSU12
Fee: \$100 • Participation in swim meets may require an additional fee
Contact Person: Kristen (513)352-4055

Arthritis Aquatics

The Arthritis Aquatics Program is designed by the National Arthritis Foundation to allow individuals with arthritis to exercise in a supportive, low resistance environment. Water is a safe, ideal environment for relieving arthritis pain and stiffness. Arthritis Aquatics allows you to exercise without putting excess strain on your joints and muscles. We provide a friendly and supportive atmosphere in which you can make new friends and try new activities. This social interaction can help decrease feelings of depression and isolation. Progress in the aquatic activities can lead to independence and improved self-esteem. The gentle activities in warm water, with guidance from a trained instructor, will help you gain strength and flexibility.

Please consult your physician prior to registration. People with severe or multiple joint problems or those who have had joint surgery are encouraged to talk with their doctors regarding any special precautions or limitations.

Guidelines to Participate

- Have functional and comfortable shoulder and elbow motion.
- Able to tolerate 5 minutes of movement in the water, or 15 minutes standing or walking on land without excessive pain, fatigue or shortness of breath.
- Require no more than minimal assistance to enter or exit the pool.
- Feel comfortable and confident in the water.



Fall Session

Ages: 18 & Older
Days/Times: Tuesdays: 3:00 – 4:00 pm
Fridays: 1:00 – 2:00 pm
Begin/End: September 6 – December 16
Cancellations: November 11, 22 and 25
Location: Mt. Auburn Pool
Code: AR11
Fee: \$40 (10 classes)
\$72 (20 classes)
Contact Person: Kristen (513)352-4055

Winter Session

Ages: 18 & Older
Days/Times: Tuesdays: 3:00 – 4:00 pm
Fridays: 1:00 – 2:00 pm
Begin/End: January 10 – March 9
Cancellations: None
Location: Mt. Auburn Pool
Code: AR12
Fee: \$40 (10 classes)
\$72 (20 classes)
Contact Person: Kristen (513)352-4055

Spring Session

Ages: 18 & Older
Days/Times: Tuesdays: 3:00 – 4:00 pm
Fridays: 1:00 – 2:00 pm
Begin/End: March 20 – May 25
Cancellations: None
Location: Mt. Auburn Pool
Code: AR12
Fee: \$40 (10 classes)
\$72 (20 classes)
Contact Person: Kristen (513)352-4055

Summer Session

Ages: 18 & Older
Days/Times: Tuesdays: 3:00 – 4:00 pm
Fridays: 1:00 – 2:00 pm
Begin/End: June 12 – August 17
Cancellations: None
Location: Mt. Auburn Pool
Code: AR12
Fee: \$40 (10 classes)
\$72 (20 classes)
Contact Person: Kristen (513)352-4055

Ladies Only Water Workout

Ladies need a place they can work out and feel comfortable! Our Ladies Only Water Workout Program offers a low-impact water workout that will improve muscle tone and cardiovascular fitness. The Instructor will break down each exercise into an easy to follow step-by-step routine which can be enjoyed by all ability levels. This program is designed specifically for persons with physical and/or cognitive impairments. Participation in this program will prepare ladies to join inclusive water exercise programming in their community, as well as foster socially appropriate aquatic program participation while increasing physical fitness. Please note any special considerations on your registration form.

Ages: 18 – 50
Day/Time: Thursdays, 3:30 – 4:15 pm
Begin/End: September 1 – October 20
Cancellations: None
Location: Mt. Auburn Pool
Code: LWF11
Fee: \$20
Contact Person: Kristen (513)352-4055





New Aquatics Programs Coming Soon . . .

Disability Water Safety and Family Swim Event

Water Safety Day provides parents, grandparents, support staff, etc., an opportunity to learn how to keep children safe in an aquatic environment, and how to safeguard homes and pools. This event includes information about the Adapted Aquatics Learn to Swim Programs. Demonstrations will take place throughout the event focusing on basic water rescue, CPR/First Aid, and water safety techniques. This is also a great time to swim as a family in our warm water therapy pool, and to ask our trained Adapted Aquatics Instructors questions about facilitating learn to swim skills in a fun environment.

This program is projected to begin in January 2012. If you are interested, please call Kristen at (513)352-4055.

For: Parents, Grandparents, Support Staff, etc.
Day/Time: Saturdays, 1:30 – 3:30 pm
Dates: Upon Reservation and Appointment
Location: Mt. Auburn Pool
Fee: **FREE**
Code: DISW12

Splash and Dash Inclusive Land and Water Playgroup

This program will consist of 40 minutes of land programming and 40 minutes of aquatic programming for children ages two through eight. The land component will focus on strength, endurance and stretching as well as fine and gross motor skills. Participants will engage in a variety of land based activities that include scooter boards, parachutes, dance, yoga, movement exploration, art, music and more. The aquatic component will focus on basic water safety skills as well as developing the fundamentals of swimming. Children with and without disabilities will discover ways to be active and use their motor skills to promote good health, fitness, and social interaction for a lifetime. Children will participate in developmentally appropriate play activities designed to foster physical, cognitive, and social development.

Program activities will be designed by a Recreation Therapist and adapted to allow for all children to experience success both in the water and in the gym. The small group setting provides opportunities for socialization and functional play. Children who require one-on-one physical support will be paired with a volunteer upon request—please state this need on the registration form.

This program is projected to begin spring 2012. If you are interested, please call Kristen at (513)352-4055.

Ages: 2 – 8
Day/Time: Thursdays, 5:00 – 6:30 pm
Location: Mt. Auburn Community Center and Pool
Fee: \$100 per season
Code: SDS12

Therapeutic Recreation Adapted Sports

Our Purpose

To provide recreational programs for person's with **physical disabilities** that allow the participant to have opportunities to learn new leisure activities, challenge themselves, make new friends, and build their self-confidence—overall, enhancing their quality of life.

Our Programs

Our activities include . . . **Football, Golf, Bowling, Tennis, Strength Training, Handcycling, Adapted and Arthritis Aquatics, and Power Soccer.** You will also find listed some non-CRC programs that you might be interested in as well.

Our Staff

The Therapeutic Recreation leadership team has over fifty years of experience working with people with disabilities in a variety of settings. Most of our leaders have their degree in Therapeutic Recreation and hold a certification in Therapeutic Recreation—which requires a continuing education to maintain. They are professional, fun to be around, and most importantly, hold the safety of all CRC-TR participants in the highest regard.

Our Participants

The team prides themselves in being able to meet the needs of most individuals. Through participant assessments the staff does what they can to meet the needs of anyone wanting to participate in our programs. With a little duct tape and some imagination, they can do amazing things! There will be times however, when circumstances prohibit participation for some individuals. Since you won't know unless you try, come on out and have some fun!

To hear about our current programs, receive the Paralympic Sport Scoop monthly newsletter, or ask any questions, please call Ann-Marie Stuart at (513)352-2549. Or—you can always check out our website at www.cincyrec.org/TR.



Therapeutic Recreation Adapted Sports

The programs listed on the following two pages are available for participants with physical disabilities and visual impairments, beginner to advanced skill levels.

Power Soccer

Power Soccer is the first competitive team sport designed and developed specifically for power wheelchair users. Athletes' disabilities include quadriplegia, multiple sclerosis, muscular dystrophy, cerebral palsy, and many others. The game is played in a gymnasium on a regulation basketball court. Two teams of four players attack, defend, and spin-kick a 13-inch soccer ball in a skilled and challenging game similar to able-bodied soccer.



Ages:	6 & Older
Day:	Saturdays
Begin/End:	September 24 – November 19
Cancellations:	None
Time:	10:30 am – 12:30 pm
Location:	College Hill Center
Code:	PSF11
Fee:	\$25
Registration Deadline:	Friday, September 16
Contact Person:	Ann-Marie (513)352-2549

For more information, please check out bethml@fuse.net, or www.powersoccerusa.org
Traditional leg rests are needed to accommodate guard—other modifications may be available

Wheelchair Football – Neighborhood Pick-Up Game

Just about anyone can play this sport—a person who has a physical disability and uses a wheelchair (manual or power), persons with physical disabilities who don't use a wheelchair, and family and/or friends. We have six extra wheelchairs available for anyone to use to make this pick-up game fun and inclusive for all. Each Saturday the rules will be adapted to fit the group that comes to play, allowing everyone to be included. Games are played in the gym at the Pleasant Ridge Center.

	Fall	Winter
Ages:	8 & Older	8 & Older
Day:	Saturdays	Saturdays
Begin/End:	September 17 – December 17	January 21 – March 31
Cancellations:	November 26	None
Time:	10:30 am – 12:15 pm	10:30 am – 12:15 pm
Location:	Pleasant Ridge Center	Pleasant Ridge Center
Code:	WCF11	WCF12
Fee:	\$25	\$25
Registration Deadline:	Friday, September 9	Friday, January 6
Contact Person:	Adam (513)352-4629	Adam (513)352-4629



Adapted Strength Training Group

Join us at Corryville Recreation Center to get fit! This facility hosts fully accessible weight machines, and the program provides an on-site trainer to introduce you to these and/or assist with creating a workout plan.



	Fall	Winter
Ages:	16 and Older	16 & Older
Days:	Mondays and Wednesdays	Mondays and Wednesdays
Begin/End:	September 19 – December 14	January 18 – April 4
Cancellations:	October 31	February 20
Time:	6:30 – 8:00 pm	6:30 – 8:00 pm
Location:	Corryville Center	Corryville Center
Code:	ASTF11	ASTW12
Fee:	\$25	\$25
Contact Person:	Adam (513)352-4629	Adam (513)352-4629

Therapeutic Recreation Adapted Sports

Other CRC Adapted Programs include . . .

Adapted Aquatics: *see pages 7 thru 9*
Arthritis Aquatics: *see page 10*
Adapted Bowling: *see page 16*

Non-CRC Adapted Programs include . . .

Wheel Ballroom Dancing

“Wheel Ballroom Dancers” is recruiting individuals with and without disabilities, and of all physical abilities to take part in their Ballroom Dancing Program! Classes are offered for those who walk or use a wheelchair, whether it is motorized or manual. Experienced dancers, those with no experience, and even those with two left feet are urged to participate! Couples and singles are welcome. Learn some new dance skills and socialize with new friends! Impress your dance partner with new moves while you increase your strength, stamina, aerobic fitness and general well-being. Classes are offered every second and fourth Saturday of the month.



For more information on this non-CRC program, please contact the organization at (859)750-8975 (Instructors), (513)841-2822, info@ballettechcincinnati.org, spamcw@aol.com, or <http://www.ballettechohiopaa.org>

Cincinnati Ice Breakers Sled Hockey

Sled Hockey is a sport adapted from Ice Hockey for persons who cannot play standing hockey because of a physical disability. Individuals six years old and older are welcome to play. Players should be able to propel a manual wheelchair and sit upright in the sled's bucket seat with the attached seatbelt. First time players will be taught the basics of Ice Hockey as well as how to put on their equipment, get into the sled, and onto the ice.

This program will begin in mid-October, on Tuesdays at 6:30 pm at THE SPHERE (formerly “Sports Plus”, 10765 Reading Rd., 45241). The program fee is \$35 per session. If you are interested in learning more about this non-CRC program, please contact Renee at (513)791-8337, or at _sledhockey@zoomtown.com, (mail to: sledhockey@zoomtown.com). You may visit their website for more information: [_www.wix.com/sledhockey/cincinnati_sledhockey_](http://www.wix.com/sledhockey/cincinnati_sledhockey) (http://www.wix.com/sledhockey/cincinnati_sledhockey)



Indoor Wheelchair Tennis

If you are interested in playing indoor wheelchair tennis, please contact Joe Wilkerson of the Mercy HealthPlex Anderson at (513)624-1880.

Sports & Fitness

Bike-N-Hike

Come join us for a fun-filled fitness experience! We will rotate between biking around Sawyer Point and hiking at various parks around Cincinnati. Bikes will be provided for use while at Sawyer Point. Come ready for a workout!



Ages:	18 & Older
Day:	Wednesday
Begin/End:	September 28 – November 2
Cancellations:	None
Location:	Sawyer Point and various parks
Drop-Off/Pick-Up:	Clifton Center
Time:	5:00 – 7:30 pm
Code:	BH11
Maximum Participants:	8
Fee:	\$35
Registration Deadline:	Friday, September 23
Contact Person:	Teresa (513)352-4962

TR Basketball

Bulls – Lakers - Heat

The TR Basketball Program is designed for competitive level athletes with the skills and knowledge to play regulation basketball. Games are scheduled against area Special Olympic teams. The season concludes with regional and state tournaments. Each athlete must have a current Special Olympic medical release in order to participate.

An informational meeting is scheduled on Thursday, October 6, 6:30 pm at the Corryville Recreation Center.

All registration forms and payments are due at this time.

Ages:	16 & Older
Day:	Thursdays
Begin/End:	October 6 – March 29
Cancellations:	November 24, December 29
Location:	Corryville Center
Time:	6:30 pm – 9:00 pm
Code:	TRB11
Fee:	\$60 – to set up a payment plan, please contact Whitney at (513)352-4971.
Registration Deadline:	Thursday, October 6
End of Season Party:	Thursday, April 19 at 6:30 pm—location to be determined
Contact Person:	Whitney (513)352-4971



TR Bowling

Participating in our Bowling Program is a wonderful way to improve your health and fitness! Bowlers of all experience levels are encouraged to participate in this inclusive program—family and friends are welcome, too. Come on out to Brentwood Bowl on Saturday afternoons and join in on the fun!

Inclusive Team Bowling – New!!!

Do you have family members or friends who would like to bowl with you? If so, you can now create your own team including them! Teams must include at least two individuals with a disability. Family members and friends will be required to register and pay all program fees, including the weekly bowling fee.

Team Bowling

Team Bowling is designed for the competitive level bowlers who wish to be on a bowling team and participate in a league. Weekly attendance is required to participate on a team. Each athlete will be placed on a team by the league coordinator. Bowlers of all experience levels are encouraged to participate.

Open Bowling

Open Bowling is designed for beginners and/or those who are unable to attend on a weekly basis. Friends and family are encouraged to register and participate in this program.

Adapted Bowling

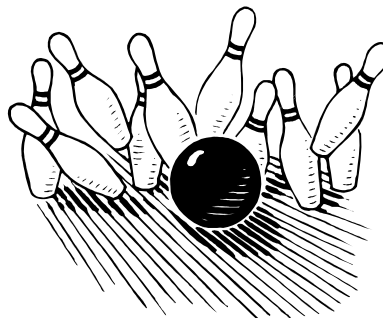
Adapted Bowling is designed for individuals with physical disabilities. Bowling ramps are available.

Junior Bowling

Junior Bowling is for younger bowlers (ages 6-17), and is designed to give them the chance to experience the fun and excitement of bowling. “Bumper” lanes and ramps are available. Friends and family are encouraged to register and participate in this program. **We do request parent/guardian attendance throughout the program.**

Registration Information for All Bowling Programs

Ages:	6 & Older
Day:	Saturdays
Begin/End:	October 1 – April 21
Cancellations:	November 26, December 24, 31, April 7
Time:	11:45 am – 2:00 pm
Location:	Brentwood Bowl
Codes:	Adapted Bowling AB12 Junior Bowling JB12 Open Bowling OB12 Team Bowling TB12 Inclusive Team Bowling ITB12
Fee:	\$50 You will receive a free t-shirt voucher if you register by mail or phone by September 30! Mailed payments must be postmarked before or by September 30. If you register after September 30, you may acquire a t-shirt for a fee of \$5.00.
Contact Person:	Teresa (513)352-4962



In addition to the program registration fee, a weekly bowling fee of \$6.00 is required to be paid on site for shoes and 3 games.

Please bring exact change.

Please Note: Due to the number of bowlers, our ability to provide individual assistance is limited. Parent/Guardian/Staff assistance is requested for those unable to bowl independently. Scores and averages will be made available each week.

Check-In/Registration: Please arrive at the bowling alley by 11:30 am—bowling will begin at 11:45 am. Bowlers arriving more than 15 minutes late will not be permitted to bowl 3 games, **as we must be finished bowling by 2:00 pm.** Bowling staff will be available to start collecting payments starting at 10:30 am.

Please Note: Access Riders should be scheduled for pick-up between 2:00 – 2:30 pm. Late pick-ups may be charged a late fee after 2:30 pm.

Teen **ENERGY** Club

Teen E.N.E.R.G.Y. Club is an extension of our E.N.E.R.G.Y. Summer Day Camp Program (Education on Nutrition, Exercise, and Recreation for a Growing You). This club is full of socialization; group activities, sport opportunities, field trips, and inclusive service learning projects. The teen club will meet at the Clifton Center on "Center Days" and will travel on "Field Trip Days" to the below sites (addresses and directions to be provided). RSVPs will be solicited via e-mail one week prior to each field trip outing.

Very Important: To be considered eligible for next summer's ENERGY Summer Day Camp Program, you must be a member and participate in this teen club!

Ages:	13 – 19
Day:	Saturdays
Dates/Trips:	October 8: Center Day, 1:30 – 3:30 pm October 22: Pumpkin Patch, 1:30 – 4:30 pm November 5: Center Day, 1:30 – 3:30 pm November 19: CoCo Key Water Resort, 1:30 – 5:30 pm December 3: Christmas Shopping, 1:30 – 4:30 pm January 7: Center Day, 1:30 – 3:30 pm January 20: Cyclones Game, 7:00 – 9:30 pm February 11: Center Day, 1:30 – 3:30 pm February 25: Tubing, 1:30 – 4:30 pm March 10: Center Day, 1:30 – 3:30 pm March 23: Prom, 6:30 – 9:30 pm April 14-15: Lock-In at LeBlond Center, 3:00 pm – 10:00 am



Code:	TCL11
Maximum Participants:	30
Fee:	\$200 • Additional spending money may be sent for outings but base admission charges are covered with the program registration fee.
Registration Deadline:	Friday, September 3
Contact Person:	Ann-Marie (513)352-2549

Exer-Gaming

A fusion of exercise and video gaming! Participants will engage in activities using the Wii gaming system. You can expect a high-energy evening filled with different sports such as Tennis, Bowling, Baseball, and Dancing. This program aims to facilitate social interaction, friendly competition, and exercise while also improving motor skills and hand/eye coordination. Don't hesitate to join us as we fuse technology with exercise for fun and healthy results!

For your convenience, this program will take place at two sites – Dunham Complex and Pleasant Ridge Center!

Dunham Complex

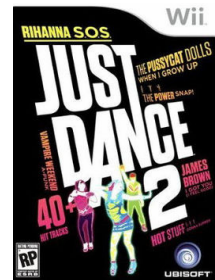
	Fall	Winter
Ages:	15 & Older	15 & Older
Day:	Tuesdays	Tuesdays
Begin/End:	October 18 – December 6	February 7 – March 27
Cancellations:	None	None
Time:	6:00 – 8:00 pm	6:00 – 8:00 pm
Location:	Dunham Complex	Dunham Complex
Code:	EGD11	EGD12
Fee:	\$50	\$50
Registration Deadline:	Friday, October 14	Friday, February 3
Contact Person:	Teresa (513)352-4962	Teresa (513)352-4962



Exer-Gaming – Continued . . .

Pleasant Ridge Center

	Fall	Winter
Ages:	15 & Older	15 & Older
Day:	Thursday	Thursday
Begin/End:	October 13 – December 8	February 9 – March 29
Cancellations:	November 24	None
Time:	6:00 – 8:00 pm	6:00 – 8:00 pm
Location:	Pleasant Ridge Center	Pleasant Ridge Center
Code:	EGP11	EGP12
Fee:	\$50	\$50
Registration Deadline:	Friday, October 7	Friday, February 3
Contact Person:	Teresa (513)352-4962	Teresa (513)352-4962



Division of Therapeutic Recreation Scholarship Information!

The Division of Therapeutic Recreation now has a Scholarship Fund to assist those who are experiencing financial difficulty. There are two components to this fund:

- ❖ *Those who wish to receive a scholarship for a specific TR program must call our office at (513)352-4028 and request a form. This form must be completed and then mailed to our office. Your request will be reviewed and approved/disapproved within one week of the requested program starting.*
- ❖ *We need help from the community! We need ongoing donations to sustain our scholarship fund! If you would like to make a tax deductible donation of any amount, please call Alayne Kazin at (513)352-4945.*

Thank you very much for your consideration!

Social & Leisure Programs

Karaoke Night

The stage is yours! This is our monthly inclusive Musical Entertainment Night for adults, where you join in, and positively applaud and support one another's special talents. If you enjoy music, meeting those old as well as new friends, and expressing your creative self—these monthly Saturday nights are the perfect place to be! High attendance is expected at this program, therefore, minimal supervision will be provided.



Ages:	18 & Older
Day:	Saturdays
Dates:	October 8, November 12, December 10, January 14, February 11, March 10, April 14, May 12
Time:	6:30 – 9:00 pm
Location:	Pleasant Ridge Center
Code:	KNF11
Fee:	\$40
Registration Deadline:	Friday, September 16
Contact Person:	Teresa (513)352-4962

Dances

Come and celebrate the seasons by dancing to the music, socializing with friends, and enjoying a delicious meal! Participants will have the opportunity to improve life skills such as socialization, communication, and how to display appropriate public behavior. Also, check out our Exer-Gaming program where you can practice your dance moves before the dances!

Our dances require advance registration due to group rates or meal preparation. Please note the registration deadlines and be aware that some dances may fill to capacity prior to the registration deadline. Group Home staff and aides are very welcome to attend, however, it is imperative that we are notified of their wish to attend at the time of the participant's registration. Please use the Program Registration Form to indicate staff/aide attendance and include the necessary payment. **No one will be permitted to register at the door the day of the dance.**

	Halloween Dance	Winter Holiday Dance	Sweetheart Dance
	Dinner Included	Dinner Included	Dinner Included
Ages:	18 & Older	18 & Older	18 & Older
Date:	Friday, October 21	Friday, December 16	Friday, February—date TBA
Time:	6:30 – 9:30 pm	6:30 – 9:30 pm	6:30 – 9:30 pm
Location:	Kolping Center	Kolping Center	Kolping Center
Code:	HD11	WHD11	SD12
Fee:	\$25 • Staff/Aide \$19	\$25 • Staff/Aide \$19	\$25 • Staff/Aide \$19
Registration Deadline:	Friday, October 7	Friday, December 2	Friday, February 4
Contact Person:	Kristen (513)352-4055	Adam (513)352-4629	Teresa (513)352-4962

*Come dance
the night away!*



Outings

Our outings require advance registration due to group rates or meal preparation. Please note the registration deadlines and be aware that these events may fill to capacity prior to the registration deadline. Group Home staff and aides are very welcome to attend, however it is imperative that we are notified of their wish to attend at the time of the participant's registration. Please use the Program Registration Form to indicate staff/aide attendance and include the necessary payment.

Participants registered for outings must arrive no later than 15 minutes after the scheduled arrival time or there will be a risk of being left behind. All participants must be dropped off and picked up at the proper location. Due to safety reasons, participants will not be allowed to be dropped off or picked up at the actual outing location.

Overnight Camping Trip

Join us for a fun camping experience at Winton Woods Adventure Outpost! Participants will hike, canoe, fish, play games, and prepare meals in the great outdoors. The evening will include a campfire and tasty S'mores! Participants will fall off into a dreamy sleep in cabins under the stars. New leisure skills will be learned and social skills will be practiced.

Please Note: Individuals attending this trip must be able to dress, eat meals, prepare for bed and sleep independently.

Ages:	18 & Older
Dates:	Saturday & Sunday, September 17 & 18
Program Location:	Winton Woods Adventure Outpost
Drop-Off/Pick-Up Location:	Drop-Off is on Saturday at 11:00 am , at the Winton Woods Adventure Outpost Pick-Up is on Sunday at 11:00 am , at the Winton Woods Adventure Outpost
<i>Please note the change in drop-off and pick-up times!</i>	
Code:	OCTF11
Min/Max#:	Limited to 10 females and 10 males due to cabin sleeping spaces.
Fee:	\$100
Registration Deadline:	Friday, September 2
Contact Person:	Teresa (513)352-4962



Once registered, additional paperwork will be mailed to each participant. A liability waiver form and a medical form will need to be completed and submitted to our office prior to participation.

Outings for Young Adults (ages 18-29)

Halloween Haunt

Formerly known as *Fear Fest*, this is the Halloween-themed event at Kings Island. This event features haunted houses, mazes, live shows, and most of the park's regular season attractions.



Ages:	18 – 29
Date:	Friday, October 28
Program Location:	Kings Island – Mason, OH
Drop-Off/Pick-Up Location:	Clifton Center
Time:	6:00 pm – 12:00 am
Code:	HH11
Fee:	\$45 • Staff/Aide \$45 Don't forget to bring spending money!
Registration Deadline:	Friday, October 14
Contact Person:	Teresa (513)352-4962

Let's Go Shopping!

Come join us to get a jumpstart on your Holiday Shopping! We will be going to the Tri-County Mall. The goal of this program is to increase appropriate social skills and develop money management skills.

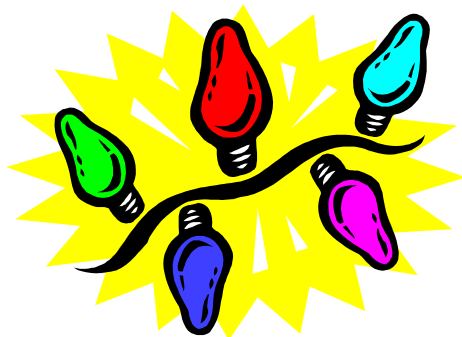
Ages: 18 – 29
Date: Friday, November 18
Program Location: Tri County Mall
Drop-Off/Pick-Up Location: Clifton Center
Time: 5:00 – 9:00 pm
Code: SHOP11
Fee: \$15 • Staff/Aide \$15
Each participant will need to bring money for dinner and shopping.

Registration Deadline: Friday, November 4
Contact Person: Teresa (513)352-4962



PNC Festival of Lights

Get in the Holiday Spirit and join us for a trip to the Cincinnati Zoo for the PNC Festival of Lights—the region's largest and most anticipated holiday event!!!



Ages: 18 – 29
Date: Friday, December 2
Program Location: Cincinnati Zoo
Drop-Off/Pick-Up Location: Clifton Center
Time: 5:00 – 9:00 pm
Code: FOL11
Fee: \$25 • Staff/Aide \$25
Don't forget to bring money for dinner and/or snacks.

Registration Deadline: Friday, November 18
Contact Person: Teresa (513)352-4962

Sallywag Tag

Sallywag Tag is a laser tag arena designed to be an upscale hide n' seek gaming platform in a high tech environment. This game has combined the 18th century world of pirate ships and a quaint Caribbean village with black lights and the latest laser tag vests and phasers. Sallywag Tag also offers a pirate themed miniature golf course that we will include with our evening.

Ages: 18 – 29
Date: Friday, January 20
Program Location: Sallywag Tag – Western Hills
Drop-Off/Pick-Up Location: Clifton Center
Time: 5:00 – 9:00 pm
Code: STG12
Fee: \$30 • Staff/Aide \$30
Don't forget to bring money for dinner and/or snacks.

Registration Deadline: Friday, January 6
Contact Person: Teresa (513)352-4962



Tubing

Come and enjoy the crisp, cool air at the Perfect North Slopes! Participants will experience the joys of winter sports. The goal of the outing is to increase self-esteem, develop new leisure skills, and engage in physical activity!

Ages: 18 – 29
Date: Monday, February 6
Program Location: Perfect North Slopes
Drop-Off/Pick-Up Location: Clifton Center
Time: 5:00 – 10:00 pm
Code: TUB12
Fee: \$35 • Staff/Aide \$35
Don't forget to bring money for dinner and/or snacks.
Registration Deadline: Friday, January 27
Contact Person: Teresa (513)352-4962



CoCo Key Water Resort

Get away to the tropical islands without leaving Cincinnati! The CoCo Key Water Resort is Cincinnati's only 50,000 square foot indoor water park—complete with palm trees, splashes of bright colors, and a year-round 84 degree temperature. Come join us for a wonderful, warm, fun day!



Ages: 18 – 29
Date: Saturday, March 3
Program Location: Crowne Plaza Cincinnati North
Drop-Off/Pick-Up Location: Clifton Center
Time: 11:00 am – 6:00 pm
Code: CWR12
Fee: \$30 • Staff/Aide \$30
Don't forget to bring money for lunch and/or snacks.
Registration Deadline: Friday, February 10
Contact Person: Teresa (513)352-4962

Visit the TR website at www.cincyrec.org/TR

Outings for Adults (ages 30 & Up)

Gorman Heritage Farm Sunflower Festival

Get ready for the Sunflower Festival at Gorman Heritage Farm! There are acres of these golden beauties ready for the picking, photographing, and enjoying! Add to that . . . music, crafts, hayrides, farm games and some great food—and we've got a real reason to celebrate! Come join the fun—only minutes from home, but away from it all!

Ages: 30 & Older
Date: Sunday, October 2
Program Location: Gorman Heritage Farm – Evendale, OH
Drop-Off/Pick-Up Location: Clifton Center
Time: 12:00 – 5:00 pm
Code: FARM11
Fee: \$20 • Staff/Aide \$20
Don't forget to bring money for food, and possible items for sale.
Registration Deadline: Friday, September 23
Contact Person: Teresa (513)352-4962



Cincinnati Holiday Market

Now located at the spacious Duke Energy Convention Center, you will see aisle upon aisle of unique, one-of-a-kind boutiques and specialty stores! These boutiques and specialty stores are from around the greater Cincinnati area, as well as out of state. You will have an unparalleled selection of gourmet food, home décor, specialty clothing, personal accoutrements, and countless other wonderful items for a truly exceptional gift buying experience!



Ages: 30 & Older
Date: Sunday, November 20
Program Location: Duke Energy Center
Drop-Off/Pick-Up Location: Clifton Center
Time: 11:00 am – 4:00 pm
Code: CHM11
Fee: \$20 • Staff/Aide \$20
Don't forget to bring money for lunch and shopping!
Registration Deadline: Friday, November 4
Contact Person: Teresa (513)352-4962

White Christmas at the Covedale Theater

Based on the beloved, timeless film, this heartwarming musical adaptation features 17 Irving Berlin songs and a book by David Ives and Paul Blake. Veterans Bob Wallace and Phil Davis have a successful song-and-dance act after World War II. With romance in mind, the two follow a duo of beautiful singing sisters en route to their Christmas show at a Vermont lodge, which just happens to be owned by Bob and Phil's former army commander.

Ages: 30 & Older
Date: Sunday, December 4
Program Location: Covedale Theater
Drop-Off/Pick-Up Location: Clifton Center
Time: 1:00 – 6:00 pm
Code: WC11
Fee: \$35 • Staff/Aide \$35
Maximum Participants: 12
Registration Deadline: *** Friday, October 28 ***
Due to possible sell-out of tickets
Contact Person: Teresa (513)352-4962



Tubing

Come and enjoy the crisp, cool air at the Perfect North Slopes! Participants will experience the joys of winter sports. The goal of the outing is to increase self-esteem, develop new leisure skills, and engage in physical activity!

Ages: 30 & Older
Date: Monday, January 30
Program Location: Perfect North Slopes
Drop-Off/Pick-Up Location: Clifton Center
Time: 5:00 – 10:00 pm
Code: TUBE12
Fee: \$35 • Staff/Aide \$35
Don't forget to bring money for dinner and/or snacks.
Registration Deadline: Friday, January 13
Contact Person: Teresa (513)352-4962



Cincinnati Pops Orchestra Presents . . . Disney in Concert!

An absolute crowd pleaser and family favorite! We're busting open the Disney Studios vault to bring you a live celebration of the music from Disney's most popular theatrical releases and animated features. They include *The Little Mermaid*, *Beauty and the Beast*, *The Lion King*, *Mary Poppins* and more—accompanied by excerpts on the big screen.



Ages: 30 & Older
Date: Friday, February 17
Program Location: Music Hall
Drop-Off/Pick-Up Location: Clifton Center
Time: 7:00 pm – 12:00 am
Code: DIC12
Fee: \$45 • Staff/Aide \$45
Min/Max Participants: 8/12
Registration Deadline: Friday, January 20
Contact Person: Teresa (513)352-4962

Dinner and a Movie

Enjoy a relaxing night watching a movie and having a delicious dinner with new friends. This outing will give you the opportunity to polish up your skills on proper eating etiquette and appropriate social behavior in a community setting.

Ages: 30 & Older
Date: Friday, March 23
Program Location: Newport on the Levee
Drop-Off/Pick-Up Location: Clifton Center
Time: 5:00 – 11:00 pm
Code: MAD12
Fee: \$35 • Staff/Aide \$35
Make sure to bring money for snacks at the movie!
Maximum Participants: 12
Registration Deadline: Friday, March 9
Contact Person: Teresa (513)352-4962





Therapeutic Recreation
805 Central Avenue, Suite 800
Cincinnati, OH 45202
Phone: 513.352.4028
Fax: 513.352.4637
www.cincyrec.org/TR

Program Registration Form

Would you like to continue to receive program guides or e-mails?

Program Guides _____ E-Mails _____

Please complete the front and back of this form by providing us with the information that has been requested. For legibility purposes, please print all information that you provide. Return this form with a check or money order made payable to **Cincinnati Recreation Commission**. If paying by credit card (MasterCard/Visa), please call our office with your card information. Registration Forms and payment may be mailed or delivered to The Cincinnati Recreation Commission (address above). For additional information, please call us at (513)352-4028. Need additional registration forms? Please visit our website at www.cincyrec.org/TR!

Participant Information

First Name	Last Name	Date of Birth	Age	Gender	T-Shirt Size (Child/Adult)
Street Address		City	State		Zip Code
Home Phone	Alternate Phone(s) - other than home			E-Mail Address	
Parent/Guardian Name	Relationship			Phone Number(s)	
Parent/Guardian Name	Relationship			Phone Number(s)	
Emergency Contact Name (other than parent)		Relationship		Phone Number(s)	
Group Home / Agency		Contact Name		Phone Number(s)	

Disabling Condition

Please identify the participant's disabling condition. Circle all that applies to the participant and/or write in any disabling condition not listed.

Amputation	Cerebral Palsy	Mental Illness	Spinal Cord Injury -
Arthritis	Childhood Disintegrative Disorder	Mental Retardation: Mild – Moderate – Severe	Injury Level: _____
Asperger Syndrome	Down Syndrome	Muscular Dystrophy	Vision Impairment -
Attention Deficit Disorder	Head Injury	Multiple Sclerosis	Blind – Low Vision - Other
Autism	Hearing Impairment / Deaf	Rett's Syndrome	Other: _____
Behavioral Disorder	Learning Disability – Type _____	Spina Bifida	_____

Does the participant walk independently? ☐ Yes ☐ No

If not, what type of assistance is required? ☐ Wheelchair ☐ Walker ☐ Other (please specify) _____

Does the participant eat independently? ☐ Yes ☐ No

If not, what type of assistance is required? _____

Does the participant dress independently? ☐ Yes ☐ No

If not, what type of assistance is required? _____

Does the participant use the bathroom/toilet independently? ☐ Yes ☐ No

If not, what type of assistance is required? _____

Does the participant communicate through speech? ☐ Yes ☐ No Use Boardmaker? ☐ Yes ☐ No

If not, what type of communication is used? _____

Additional information that would assist in programming for the participant: _____

Medical Information

Please circle all that apply to the participant:

Allergies (specify below)	Catheter	Hearing Aid	Scoliosis
Arthritis	Diabetes	Heart Condition	Shunt
Asthma	Diet Restriction	Hemophilia	Tracheotomy
Atlantoaxial Subluxation	Ear Tubes	High Blood Pressure	Other: _____
Braces (Orthopedic)	Glasses	Prosthesis	_____

Please provide specific information for medical conditions we should be aware of (allergies, activity restrictions, etc.):

Does the participant have seizures: ☐ Yes ☐ No

If yes, what type? ☐ Grand Mal ☐ Petit Mal ☐ Other _____

If yes, how often does the participant have seizures? _____ Date of last seizure: _____

Please identify the name, dosage and time of any medication the participant is currently taking:

Medication Name _____ Dosage _____ Time _____

Name _____ Dosage _____ Time _____

Name _____ Dosage _____ Time _____

Program Information

Please provide us with the participant's program choices below.

Program Code	Program Name / Location / Preferred Swim Time	Fee
		\$
		\$
		\$
		\$
		\$
Please remember to register staff/aides for each program, if applicable! Interested in making a donation? Please call us at (513)352-4028!		
Method of Payment: Cash _____ Check _____ Money Order _____ Credit Card _____ call us with card info		Amount Enclosed \$

Are you a new participant? ☐ Yes ☐ No If yes, how did you hear about us? _____

What type of transportation does the participant have?

☐ Self ☐ Parent/Guardian ☐ Metro ☐ Group Home Staff ☐ Access – I.D.# _____

Participant / Parent / Guardian Release

As a participant or as a parent/guardian of the participant in this program, I recognize that there are certain risks of physical injury and I agree to assume the full risk of any injuries, damages or loss resulting from participation in any and all activities connected with or associated with such program. I agree to waive and relinquish all claims I may have, as a result of my or my son's/daughter's participation in the program, against the Cincinnati Recreation Commission, City of Cincinnati, and their agents, employees, staff and volunteers. I do hereby fully release and discharge the Cincinnati Recreation Commission, City of Cincinnati and their agents, employees, staff and volunteers for any and all claims from injuries, damage or loss which I have or which may accrue to me on account of my son's/daughter's participation in the program. I further agree to protect, defend and hold harmless the Cincinnati Recreation Commission, City of Cincinnati, and their agents, employees, staff and volunteers from any and all claims resulting from injuries, damage or losses sustained by myself or my son/daughter or arising out of, connected with, or in any way associated with the activities of the program. I have read and fully understand this release form. **Before registration in this program(s) is valid, this release form must be signed by the participant or the participant's parent or legal guardian.**

Signature of Participant / Parent / Guardian _____ Date _____

Multi-Media Release

I, the undersigned, hereby authorize the Cincinnati Recreation Commission to utilize photographs, videotapes, voice recordings, etc. of the participant to be used exclusively for promotion, advertising and marketing of the Cincinnati Recreation Commission and its programs.

Signature of Participant / Parent / Guardian _____ Date _____

GUIDELINES

For Participants, Parents and Guardians

Prior to participating in any TR program, each participant must submit a current Program Registration Form, complete with participant/parent/guardian signature, to the Therapeutic Recreation Office. Please include all information requested to help the TR staff take appropriate precautions when planning programs. It is essential that we have a phone number where the parent/guardian can be reached during the program hours.

The TR staff members are not responsible for the supervision of participants before or after the designated program times. The TR staff members are not responsible for providing transportation from the program site to the participant's home at the conclusion of the program. Participants using ACCESS transportation must schedule drop-off/pick-up times within the designated program times.

If someone other than the parent/guardian will be picking up a participant at the conclusion of the program, advance written notification must be given to the program director. A late pick-up fee of \$5 for each quarter hour will be assessed to any parent/guardian late in picking up the participant at the conclusion of the program.

Guidelines for Managing Behavior

The TR staff members are instructed to use positive reinforcement and to provide a structural program in order to minimize negative behaviors. If negative behavior should occur, a brief time-out is the approved method of behavior management. If a behavior plan has been developed, or if you have specific techniques used at home, please inform the TR staff so we may support your efforts. If, in the opinion of the TR staff, a participant becomes unmanageable and potentially dangerous to themselves or others, the parent/guardian will be contacted to take the participant home. If a participant leaves the program site during program hours and the TR staff are unable to return the participant without risk of injury, the parent/guardian will be contacted to take the participant home. If the parent/guardian is unable to be reached or does not respond quickly, the TR staff may be required to call for police assistance. Staff members who are trained/certified in Non-Violent Crisis Intervention (CPI) will intervene in the management of aggressive behavior with participants enrolled in our programs. A participant who becomes physically aggressive with others in the program setting may be subject to specific "holds" designed to physically control aggressive individuals. These holds are non-aversive and are only used as a last resort (if the participant has become a danger towards themselves or others).

Participants with Specific Health/Medical Issues

Due to the physical requirements of some activities, participants with certain health or medical conditions may be asked to provide a physician's written consent prior to participation. For participants requiring medication during program hours, a medication waiver form must be completed and submitted prior to the TR staff assisting with the administration of medication.

Guidelines for Residential Agencies

If a group of four or more participants from a specific agency attend a TR Program, we request that a staff member from the agency attends the program and assists the TR staff in leading the activities. In the event your agency will not be attending a program for which you have registered, please notify the TR Office in advance. If the decision not to attend is made late, please attempt to notify the program director. Agency staff attending events or outings must provide the necessary payment for meals and/or admission fees (see Registration for All Therapeutic Recreation Programs.)

REGISTRATION

For all Therapeutic Recreation Programs

Complete the Program Registration Form (insert). List the program code, name, location and fee for each program registering for.

Mail or bring the completed form with a check or money order to the Cincinnati Recreation Commission, Division of Therapeutic Recreation, 805 Central Ave., Ste. 800, Cincinnati, OH, 45202. Make the check or money order payable to the Cincinnati Recreation Commission. There is a \$15 fee for any dishonored check submitted. Please do not send cash through the mail. We now accept credit card payments (MasterCard/Visa) for program registration. Please complete and submit a program registration form, and then call our office with the credit card information.

The CRC Division of Therapeutic Recreation is happy to announce that we have become a State of Ohio Waiver Provider for Level 1 and I/O waivers! Prior to approval to use a waiver as payment for TR programs, a deposit must first be made for the program of choice. Waivers may not be used for CRC Inclusion programs or camps.

The Division of Therapeutic Recreation would also like to announce the creation of a scholarship fund to assist participants who may need financial assistance with program registration fees for our programs (with the exception of our TR, E.N.E.R.G.Y., and Inclusion Day Camp Programs). Please request a scholarship application form by calling our office at (513)352-4028. **If you are interested in contributing to the scholarship fund, please contact Alayne at (513)352-4945.**

Program registration will not be accepted without program payment. The program registration form must be received in the administrative office (805 Central Ave.) before the participant may attend the program. The Participant/Parent/Guardian release must be signed prior to participation. Please continue to call us for information about programs or if you need help with registration.

We do send confirmation of registration. If the program has reached capacity or your registration is unable to be accepted for another reason, you will be notified and payment refunded. Please note the registration deadlines for each program! Registrations may not be accepted after the deadline.

Refunds of program fees are considered if the program is cancelled or filled to capacity, if the participant has a verified medical reason, or, in the opinion of the TR staff, the placement is inappropriate.

Certain programs such as dances and outings that require purchases of meals and/or admission tickets in advance may be refunded up until the published registration deadline for the program. If an individual on a waiting list for a program can be substituted for an individual requesting a refund, we will attempt to satisfy all parties' requests.

There will be no refunds for weather related cancellations for therapeutic recreation programs that meet on an ongoing basis or have multiple sessions. Other types of refunds for cancellations will be evaluated as they occur.

During inclement weather, please listen to our Local Channel 12 to find out about program cancellations.

Cincinnati Recreation Commission

Facility Directory

CRC Recreation Centers

Bond Hill	1501 Elizabeth Pl. (37)	242-9565
Bush	2640 Kemper Ln. (06)	281-1286
Clifton	320 McAlpin Ave. (20)	961-5681
College Hill	5545 Belmont Ave. (24)	591-3555
Corryville	2823 Eden Ave. (19)	221-0888
Dunham Complex	4356 Dunham Ln. (38)	251-5862
Evanston	3204 Woodburn Ave. (07)	861-9417
Hartwell	8275 Vine St. (16)	821-5194
Hirsch	3630 Reading Rd. (29)	751-3393
LeBlond	2335 Eastern Ave. (02)	281-3209
Lincoln	1027 Linn St. (03)	721-6514
Madisonville	5320 Stewart Rd. (27)	271-4190
McKie	1655 Chase Ave. (23)	681-8247
Millvale	3303 Beekman St. (25)	352-4351
Mt. Auburn	270 Southern Ave. (19)	381-1760
Mt. Washington	1715 Beacon St. (30)	232-4762
North Avondale	617 Clinton Springs (29)	961-1584
Oakley	3882 Paxton Ave. (09)	321-9320
Over the Rhine	1715 Republic St. (10)	381-1893
Pleasant Ridge	5915 Ridge Rd. (13)	731-7894
Price Hill	959 Hawthorne Ave. (05)	251-4123
Sayler Park	6720 Home City Ave. (23)	941-0102
Westwood Town Hall	3017 Harrison Ave. (11)	662-9109
Winton Hills	5170 Winneste Ave. (32)	641-0422

Pools • Indoor & Deep Water

Mt. Auburn Pool	270 Southern Ave. (19)	381-6780
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Additional TR Program Locations

Brentwood Bowl	9176 Winton Rd. (31)	522-2320
Cincinnati Zoo	3400 Vine St. (20)	281-4700
CoCo Key Water Resort	11320 Chester Rd. (46)	771-2080
Covedale Theatre	4990 Glenway Ave. (38)	241-6550
Duke Energy Conv. Center	525 Elm St. (02)	419-7300
Gorman Heritage Farm	10052 Reading Rd. (41)	563-6663
Kings Island	6300 Kings Island Dr. Mason, OH (45040)	754-5700
Kolping Center	10235 Mill Rd. (31)	851-7951
Music Hall	1241 Elm St. (02)	241-7469
Newport on the Levee	1 Levee Way Newport, KY (41071)	859-291-0550
Perfect North Slopes	19074 Perfect Ln. Lawrenceburg, IN (47025)	381-7517
Sallywag Tag	5055 Glencrossing Way (38)	922-4999
Tri-County Mall	11700 Princeton Pike (46)	671-0120
University of Cincinnati	2820 Bearcat Way (21)	556-0604
Keating Aquatic Center		
Winton Woods	10299 McKelvey Dr. (31)	521-2345
Adventure Outpost		

Golf Courses

Avon Fields	4081 Reading Rd. (29)	281-0322
California	5920 Kellogg Ave. (28)	231-6513
Dunham	1951 Dunham Way (38)	251-1157
Glenview	10965 Springfield Pike (46)	771-1747
Neumann	7215 Bridgetown Rd. (48)	574-1320
Reeves	4757 Playfield Ln. (26)	321-2740
Woodland	5820 Muddy Creek Rd. (33)	451-4408

CRC INFOLine (513)352-4000 ♦ TR Main Office (513)352-4028

www.cincyrec.org

**Most Zip Codes are Prefix 452
Most Phone Numbers are Area Code 513**

Cincinnati Recreation Commission

Kazava Smith, President
Dawn Denno, Vice President
Roscoe A. Fultz, Member
Stephen MacConnell, Member
Chris Nelms, Member
Christopher A. Bigham, Director
Stephen J. Pacella, PGA, Superintendent
Michael A. Thomas, Superintendent